

06/13/25

## Free Talk

Southern /'sʌðərn/ 南方的

China Southern Airline 中国南方航空

Plane crash 空难

Oxymoron 矛盾修辞法 - 我的房间乱得很**有秩序**。

Situational irony 情景讽刺

Physical training 体能训练

Blister 泡泡

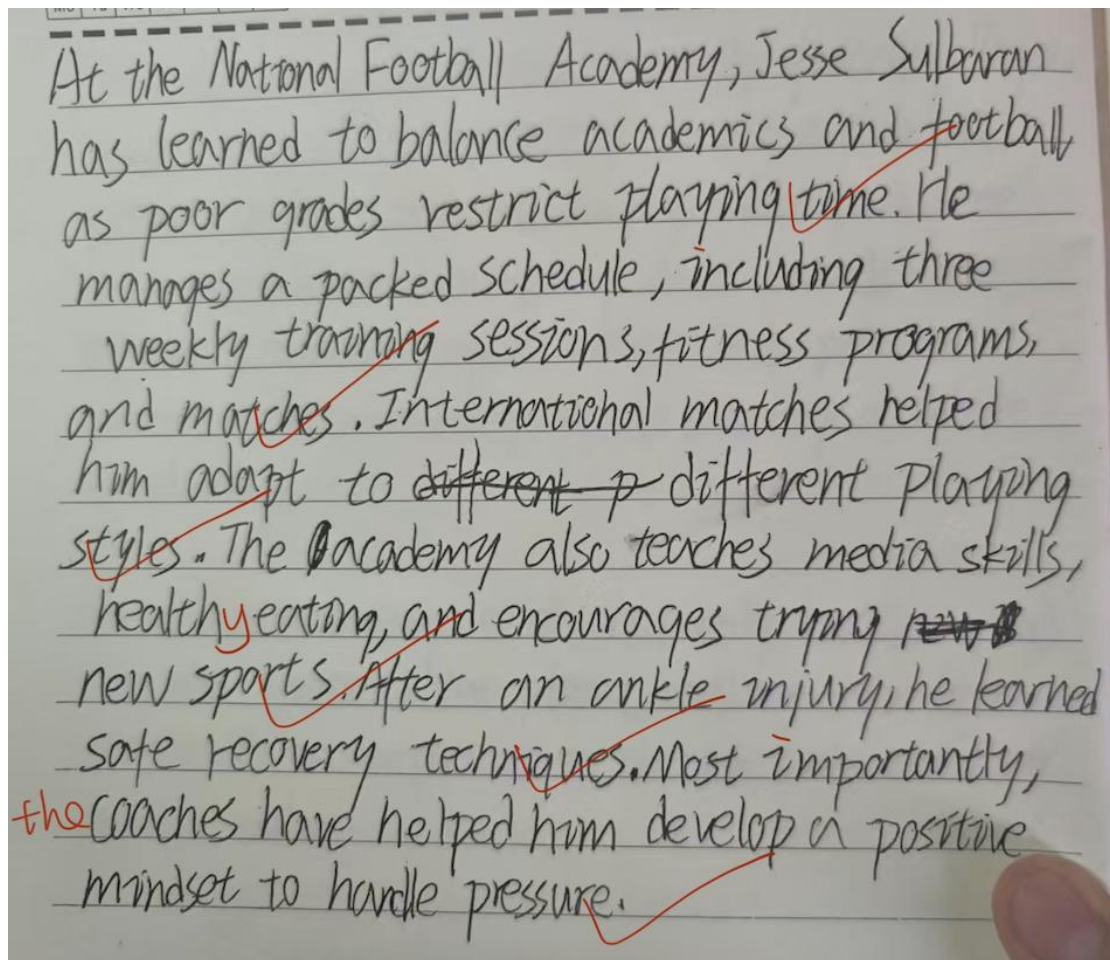
Callus 茧子

Food coma 形容吃完饭之后想睡觉的感觉

plastic restriction 限塑令

## Homework Analysis - Writing

### Summary



At the National Football Academy, Jesse Sulbaran has learned to balance academics and football as poor grades restrict playing time. He manages a packed schedule, including three weekly training sessions, fitness programs, and matches. International matches helped him adapt to different playing styles. The Academy also teaches media skills, healthy eating, and encourages trying new sports. After an ankle injury, he learned safe recovery techniques. Most importantly, the coaches have helped him develop a positive mindset to handle pressure.

1 → Most importantly, coaches have helped him develop a positive mindset to handle pressure. → Most importantly, **the** coaches have helped him develop a positive mindset to handle pressure.

特定的名词或已经提到的名词通常需要冠词“the”来明确指代特定的人或事物

这句话的“the”指的是一组特定的教练，而不是泛指任何教练

2 → health eating → Healthy eating

“eating” → n., 需要用“healthy” (adj.) 来修饰

It is the younger generation's responsibility to...

Memo No. \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Mo Tu We Th Fr Sa Su

## Simple Steps to Save Our Planet

Wow!

Our planet is facing unprecedented environmental challenges, and it's up to us, the younger generation, to take action. While it ~~is~~ may seem overwhelming, small changes in our daily lives can make a significant difference. (By adopting sustainable practices such as like using alternative energy, reducing waste, and making ecofriendly transportation choices, we can protect the environment and ensure a brighter future for all.)

Wow! AGAIN!

有效节能更好。





有盼：)

effective protect

One impactful way to care for the environment is by embracing alternative energy sources. Fossil fuels are a major contributor to pollution and climate change, but we now have cleaner options. For instance, installing solar panels on rooftops or supporting wind energy sources. Even projects can drastically reduce our reliance on harmful energy sources. Even small

Wow!



Memo No. \_\_\_\_\_

Mo Tu We Th Fr Sa  
 Initiative → Even small initiatives can make a significant difference.

steps like using energy-efficient appliances, help conserve resources and lower carbon emissions.

这段讲的是“alternative energy”，最后又写“节能电器”，其实内容是不相关的。这部分内容已经足够多，黄色部分直接省略吧。

Another essential part <sup>wow!</sup> → 有两个不完美的句子！

Another essential practice is being mindful of <sup>our consumption</sup> what we buy <sup>generate</sup> helps the planet. Many products create waste through packaging and manufacturing. <sup>We should</sup> Choose second-hand items <sup>- 一次性? Disposable</sup> or avoid single-use products, and repair things instead of replacing them. <sup>encourage</sup> Small choices like these reduce waste and push companies to be more eco-friendly.

① 陈述写作不用祈使句（命令式句型）  
 ② 列举的做法和“what we buy”关系不大。  
 “后面提到‘包装’、‘生产’等，所以这里可以以‘产品包装’、‘产品材料’等方面写”

In conclusion, protecting the environment <sup>requires</sup> demands collective action. <sup>reduce</sup> By using alternative energy, buying smart and waste less, we can significantly lessen our ecological footprint.

<sup>Hahaha!</sup> ~~Let's act~~ Our planet's future depends on the steps we take today.

and therefore <sup>(save)</sup> protect our planet.

Title

Excellent!!!

## Introduction

1 → ... and it's up to us, ... → it is the younger generation's responsibility to take action.

"it's up to us" → SPOKEN ENGLISH

\*it's → it is!!! (分开)

\*口语中经常说 "it's up to you", 表示 "随你吧"

2 → By adopting sustainable practices like using alternative energy, reducing waste, and making eco-friendly transportation choices, we can protect the environment and ensure a brighter future for all. → DELETE!

\*like → such as

\*表扬: 这句话是对下文的总起, 起到承上启下的作用

\*但是 (重点): 内容和下文并不是完全贴切, 建议删掉, 或者修改一下放结尾。

原因:

1. 如果 Forrest 要写这句话, 那么全文有三大部分涉及题目要求写的 "way"。因为 Forrest 有时候思维过于发散, 容易忘记自己之前写了什么。为了避免出现新内容, 建议 Forrest 不写这部分。

2. 开头和结尾都尽量简洁, 而详细的论述、例子等, 放在 body1 和 body2。

## Body Paragraph 1

1 → One impactful way to care for the environment is by embracing alternative energy sources. → One impactful way to protect the environment is (by) embracing alternative energy sources.

\* care for → 关心和照顾 (更加日常和情感层面)

\*by 可以省略。句子结构为: XXX is XXX.

如果有 "by", 则表示强调这种方式 (没错)。但是, 更有一种 "中译英" 的味道: 是通过 xxx 方式

3 → Even small steps, like using energy-efficient appliances, help conserve resources and lower carbon emissions. → Even small steps/initiatives can make a significant difference. / Even small steps, like using renewable energy sources, help conserve resources and lower carbon emissions.

\*body1 的中心: embracing alternative energy sources + cleaner options.

但是这里的例子是 “using energy-efficient appliances”

energy-efficient ≠ cleaner

appliances ≠ sources

这句话和 body1 的中心不够贴切哦! 删掉!

## Body Paragraph 2

1 → students who are interested in engineering can deep dive on... → students who are interested in engineering can delve into...

Deep dive 是俚语, 而且正确的说法是 “dive in” - 专注地做。。。.

“Delve into” is better

2 → Another essential practice is being mindful of what we buy helps the planet. → Another essential practice is being mindful of what we buy, which helps the planet.

\*这句话有两个完整句子:

1. Another essential practice is being mindful of what we buy. (主系表结构)

2. Being mindful of what we buy helps the planet. (主谓宾结构)

改成从句就可以完美拯救这个句子了!

\*这里的 “what we buy” 也容易产生歧义:

1. 买东西的时候要mindful? (侧重 “买” 的时候所做的决定)

2. 对买了的东西mindful? (强调以后怎么用) - 看下文的例子, 应该是侧重这个

3 → Choose second-hand items, avoid single-use products, and repair things instead of replacing them. → We should Choose second-hand items, avoid disposable products, and repair things instead of replacing them.

\*学术写作（陈述句或描述性语气）不用祈使句（命令式）

4 → Small choices like these reduce waste and push companies to be more eco-friendly. → Small choices mentioned above reduce waste and encourage companies to adopt more eco-friendly practices.

\*like these 比较难用 such as 代替, 所以可以将句子改成从句: Small choices mentioned above ...  
(Small choices which are mentioned above... - 不省略连接词的从句版本)

\*push → encourage

## Conclusion

1 → By using alternative energy, buy smart, and waste less, we can significantly lessen our ecological footprint. → By using alternative energy, buying smart, and wasting less, we can significantly lessen our ecological footprint.

\*using, buying, 和wasting都是在by后面的, 所以要用“-ing”形式

\*buying smart → 所以指的是“买”的时候所做的决定??

IF NOT, IT SHOULD BE “using smart”

2 → Our planet’s future depends on the steps we take today. → ..., and therefore protect our planet.

\*最后一句话有点啰嗦, 建议改成和前面有逻辑关系的句子:

通过xxxxxx, 我们可以减少生态足迹, 因此能保护地球

## Simple Steps to Save Our Planet

Our planet is facing unprecedented environmental challenges, and it's up to us, the younger generation, to take action. While it may seem overwhelming, small changes in our daily lives can make a significant difference. By adopting sustainable practices like using alternative energy, reducing waste, and making eco-friendly transportation choices, we can protect the environment and ensure a brighter future for all.

One impactful way to care for the environment is by embracing alternative energy sources. Fossil fuels are a major contributor to pollution and climate change, but we now have cleaner options. For instance, installing solar panels on rooftops or supporting wind energy sources. Even small steps, like using energy-efficient appliances, help conserve resources and lower carbon emissions.

Another essential practice is being mindful of what we buy helps the planet. Many products create waste through packaging and manufacturing. Choose second-hand items, avoid single-use products, and repair things instead of replacing them. Small choices like these reduce waste and push companies to be more eco-friendly.

In conclusion, protecting the environment demands collective action. By using alternative energy, buy smart, and waste less, we can significantly lessen our ecological footprint. Our planet's future depends on the steps we take today.

Word count: 207

highlight之后，可以明显看到开头部分占比很大

比较完美的比例是：

短 - 长 - 长 - 短 (总 - 分 - 分 - 总)

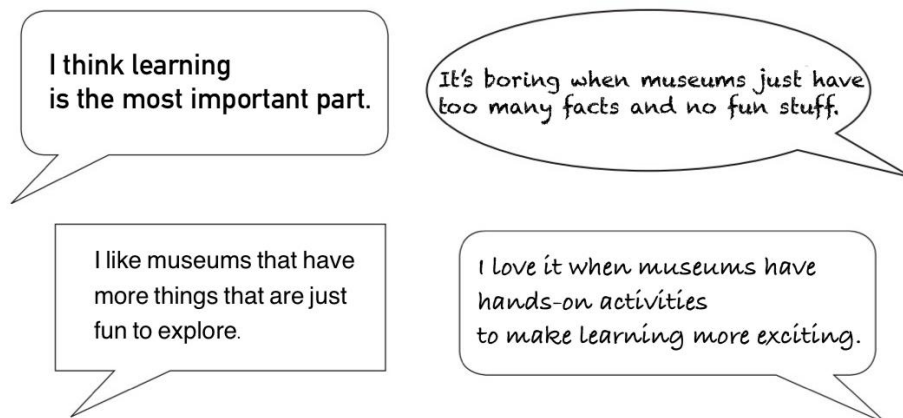


## New Writing Task - In-class Practising

Your class recently visited a museum, and your teacher led a discussion about whether museums should serve as places to entertain visitors or to educate people.

In your article, write about your views on the functions of museums.

Here are some comments from students in your class:



**Now write an article for the school magazine, giving your views.**

The comments above may give you some ideas, and you should also use some ideas of your own.

**Write about 120 to 160 words.**

You will receive up to 6 marks for the content of your article and up to 9 marks for the language used.

### Introduction:

...

### Body Paragraph 1 - experiencing history through real objects

Visiting a museum offers us a unique experience beyond textbooks. (论点)

Instead of reading from the textbooks, you can see real objects, interact with exhibitions... (分析 - 不完整, 需补充)

地质博物馆 - 摸一亿年前的化石/石头 - 感受地理书上摸不到的东西 (例子思路)

~~Games with scientific value??~~ (容易篇题)

## **Body Paragraph 2 - combining classroom learning and practical experience**

知识融合 (GOOD IDEA)

Visiting museums provides an opportunity to bring classroom learning to life and apply it in practical settings. (论点)

分析.....

例子.....

## **Conclusion:**

...

## Homework 1 - ARTICLE

完成 Page 10 的 article

## Homework 2 - SUMMARY

- 12 Read the article about a place called the Arctic World Archive where data is stored.

**Write a summary about why the Arctic World Archive is a safe place for data to be stored.**

**Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.**

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

### **Keeping your data safe: the Arctic World Archive**

Nowadays, we all keep a huge amount of information on our computers and phones, like electronic messages and photos. If you've ever lost important information from your computer, or your phone, you'll know how annoying this can be! Nowadays, however, governments, businesses and people who are concerned about losing valuable data or photos can relax a bit more. There is a large data storage facility, called the Arctic World Archive, which opened in March 2017.

The archive is found on an island between mainland Norway and the North Pole. It is 300 metres below the ground, and protected from the Arctic conditions above. The temperature underground does not vary a great deal, and this makes it suitable for storing data securely. The fact that no extra energy is needed to maintain the temperature means there is no need for temperature control equipment. And because the island is in a very remote location, it is unlikely that anyone would try to access it.

A company has developed the technology to store people's data by transferring it onto special digital film which lasts 500 years. This is considerably longer than some other methods of data storage. The data on this digital film cannot be edited in any way by anyone. People wanting to use the archive send data to the company, and once it is stored, they can ask to get it back at any time. This is not an immediate process though. For extra security, the data held in the archive is not connected to the internet. When a request for stored information is made, staff at the archive have to go and physically collect the relevant digital film. This is then sent electronically using a special safe cable which is connected to the mainland. This procedure can take half an hour or more. But in these days of online security problems around the world, this is well worth the wait!